

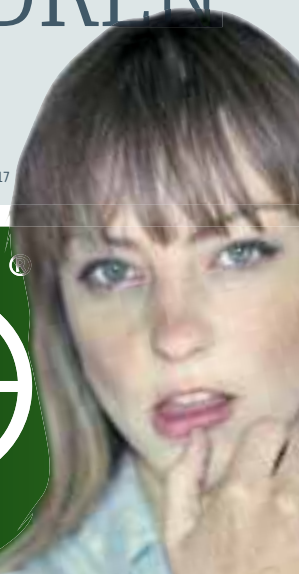
WOMEN AND CHILDREN FIRST AT SXSW

ANGEL OLSEN LEADS A NEW PACK OF MUSICIANS. PAGE 17

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Monday, March 17, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork



BILLY BECERRA, METRO

Road to the Final Four. The 68 teams have their paths for a trip to Texas laid out before them.
Breaking down the bracket. Who will be upset? Which players should you watch out for? PAGES 30-32

SHALL WE DANCE?



**More than \$250K
raised for East
Harlem victims**

PAGE 02

**Gyllenhaal goes
behind 'Enemy'
lines for new role**

PAGE 20

**Three easy ways to
boost your body's
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1 NEWS

Today's tweet

"Do not go into New York City on or around St. Patrick's day unless you want to be punched and thrown up on. Public service announcement."

@PhilSigh

To our readers

Toasting the new season

Metro would like to make a toast — to spring! What better way to celebrate the arrival of the season than a refreshing glass of wine? One Facebook fan will win a three-month membership to Plonk Wine Club, letting him or her enjoy two delicious bottles each month. "Like" Metro New York on Facebook and enter our contest before March 30 for a chance to win. Cheers!

City collects funds to help in recovery effort



See more at
www.metro.us

Names of the dead

- George Ameado, 44, handyman
- Rosaura Barrios, 44, mother of three
- Griselda Camacho, 45, Hunter College security officer
- Rosaura Hernandez-Barrios, 22, restaurant cook
- Andreas Panagopoulos, 43, musician
- Alexis "Jordy" Salas, 22, restaurant worker
- Carmen Tanco, 67, dental hygienist
- Another female victim's name has not yet been released.

Mayor Bill de Blasio and his wife Chirlane McCray and City Council Speaker Melissa Mark-Viverito speak with someone affected by the explosion at the Red Cross shelter in East Harlem. / WILLIAM ALATRISTE

Recovery. The money will be used to aid families struggling after last Wednesday's building explosion.

First lady Chirlane McCray announced on Sunday that the city's nonprofit arm secured approximately \$250,000 in pledges from business groups and individuals to help the victims of last week's fatal building ex-

plosion in East Harlem.

As chair of the Mayor's Fund to Advance New York City, McCray broke the news during a stop at Bethel Gospel Assembly a few blocks from the site of the explosion that killed eight and injured dozens.

"If there's one thing that New Yorkers can count on when there's a crisis, it's other New Yorkers," McCray said.

McCray joined her husband Mayor Bill de Blasio, City Council Speaker Melissa Mark-Viverito, Public Advocate

One community

"If there's one thing that New Yorkers can count on when there's a crisis, it's other New Yorkers."

Chirlane McCray

Letitia James and Rev. Al Sharpton.

In consoling the congregation at the Harlem church, which lost two members in the explosion, Sharpton said that the community is prov-

ing its ability to overcome adversity.

"We are stronger than even the explosions that we faced," he said to the crowd's approval. "We know that long after the cameras are gone, we are still going to need each other in East Harlem."

Sharpton, who praised the church's leaders for their response to the disaster, told the crowd that the city needs a bishop for faith, but a mayor for help and leadership. De Blasio said he was up to the task.

After a second service

at the Church of God in East Harlem, Speaker Mark-Viverito circled back to the work done by the Mayor's Fund to help families recover, calling it the quickest way to get support to those affected.

"There are funeral services that have to be paid for, certain expenses that are being incurred that we want to be able to help these families to be able to cover as quickly as possible," she said.

CHESTER JESUS SORIA
@chestersoria
chester.soria@metro.us

Aftermath

Abnormal concentration of natural gas found near scene of fatal explosion: NTSB

Soon after two East Harlem buildings were destroyed in a fatal explosion last Wednesday, Con Edison found an abnormal concentration of natural gas below ground



Workers clean up the area near the East Harlem explosion. / GETTY IMAGES

near the scene, a preliminary investigation by the National Transportation Safety Board found.

Board member Robert Sumwalt said Friday that a review of Con Edison records indicated a "bar test" taken after the blast found concentrations of natural gas up to 20 percent in areas.

During the test, Con Edison drilled at least 50 holes, 18 to 24 inches deep, and probed for natural gas. At least five

of those tests had a gas concentration from about 5 to 20 percent.

"Normally, the soil in New York City, 18 to 24 inches down into the ground, would have zero concentration of natural gas, so the fact that in at least five of the holes, the concentration of gas ranged between 5 and 20 percent, that tells us that's a pretty good concentration of natural gas in that area," Sumwalt said.

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A Consumer's Guide to Medicaid Managed Care in NYC 2003-2012.

In Brooklyn

FDNY rescues four kids and adult in fire

A Sunday morning blaze in Boerum Hill, Brooklyn, injured four children and one adult in the Wyckoff Gardens public housing development.

Firefighters rescued two infants — one of



Fire / GETTY IMAGES

which was said to be in critical condition — and an older child, all of whom were taken to Methodist Hospital.

Authorities said a fourth child, also older, was taken to Cornell Hospital in critical condition.

FDNY also rescued an adult — who the Daily News reported as the 63-year-old grandmother

to the children — from
the fire.

Officials said that the blaze broke out around 2:15 a.m. on the fifth floor of the three-building complex that is home to around 1,220 people.

Investigators had not yet determined what caused the fire by Sunday afternoon.

CHESTER JESUS SORIA

See more at
www.metro.us



Mo Farah needed medical attention after the race ended. /GETTY IMAGES

Olympian carried from finish line after collapse

Finish line. Farah ultimately lost the race to Kenyan Geoffrey Mutai.

cern... disappointed with today... I gave 110%... couldn't do any more... sorry guys...." he said on his Twitter account.

The Briton, who won the same half-marathon in 2011, endured a tough run after taking a painful fall after five miles. He recovered to finish in 61 minutes 50 seconds — 18 seconds behind Mutai.

Farah, who won two gold medals at the 2012 Olympics, is preparing to run his first full marathon in London in April.

Mutai's countryman Stephen Sambu finished third to round off a good day for Kenya in New York, with their compatriot Sally Kipyego winning the women's event. **REUTERS**

Double Olympic champion Mo Farah collapsed after crossing the finish line in the New York half-marathon on Sunday, having recovered from a fall earlier in the race to finish second to Kenyan Geoffrey Mutai.

Farah fell to the ground shortly after completing the race and was taken away from the finishing area in a wheelchair, but later took to Twitter to allay fears for his health.

"Hi guys... I'm doing ok... thanks for the con-

Running kind

- Fellow Kenyan Geoffrey Mutai won the 2014 NYC Half on Sunday.
 - The inaugural wheelchair champions were Josh George of the USA and Diane Roy of Canada.
-
- Sally Kipyego of Kenya set an event record of 1:08:31 in her debut at the distance.
 - Approximately 20,750 runners finished the race.

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High and dry

Going sober for St. Paddy's Day

While the thought of a Saint Patrick's Day without alcohol may draw shudders from some revelers, it brings others a sigh of relief. There's certainly no less devotion to the Irish spirit when singers, fiddlers and dancers take the stage at Cathedral High School during the third annual Sober Saint Patrick's Day.

In fact, if you ask founder and producer, William Spencer Reilly, the event reclaims the true spirit of Ireland's national holiday and changes the perception of what it can be.

His idea for a sober Saint Patrick's Day celebration was quickly embraced, and he sold out the event in advance for the first two years. Year three finds the festival in larger digs, at the Cathedral High School in Midtown East. With the increased space comes yet more acts including singer Cathy Maguire,

champion fiddle player Brian Conway, the Tulla Pipe Band, University College Dublin Choral Scholars and step dancers from the Donny Golden School of Irish Dance.

A children's program has storytelling by seanachie Marianne McShane, fiddle playing by 11-year-old Haley Richardson and dancing with The Fee Sisters.

"We appeal to a broad range of people," Reilly explains, "pretty much anyone sick and tired of the day being hijacked by insanity." **MIKE DUNPHY**

If you go

Sober St. Patrick's Day

March 17, 4-7:30 p.m.
Cathedral High School,
350 East 56th St.
Admission \$20
(seniors/students \$15; kids \$10)
www.soberstpatricksdays.com

How to watch the St. Patrick's Parade



All green. Metro gives you tips on how to get a front-row seat.

The St. Patrick's Day Parade, one of the most popular in New York City, returns for its 253rd year Monday. Revelers and marchers will pay tribute to the patron saint of Ireland along Fifth Avenue, and here's how to partake in the festivities.

The parade begins at 11 a.m. and can be viewed online, on NBC 4 New York or in person. The march starts at 44th Street and Fifth Avenue, ending at 79th Street around 2 or 3 p.m.

The crowd is usually densest near St. Patrick's Cathedral, on Fifth Avenue between 50th and 51st Streets.



Children march in the parade along Fifth Avenue. / GETTY IMAGES

More tips

No animals or mascots are allowed along the route or in stands.

- "Absolutely no consumption of alcohol" is allowed.

tion of alcohol" is allowed.

- Those who appear drunk will be removed from the parade by NYPD.

To avoid crowds, the best viewing spots are said to be along the northern part of the route, closer to 79th Street.

The grandstands are located between 62nd and 64th streets, and that area is only accessible with tickets. "Green hats, beads and other 'costume' dress are not permitted in the Reviewing Stands," the parade notes.

Backpacks and large bags are all subject to search by police.

Numerous stations are scattered along the route, but the MTA cautions that 77th Street on the 6 train line will be the most heavily used station. Some station staircases could be designated as entry or exit for crowd control.

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Public health. AIDS no longer in Top 10 causes of death in NYC

For the first time since the HIV epidemic took root in New York City in the 1980s, AIDS has dropped out of the Top 10 causes of death in the city, the city's health commissioner said last week.

Speaking at a City Council meeting on Thursday, Health Commissioner Mary Bassett said that AIDS had been the number nine killer in 2011 causing 766 deaths, according to the Daily News.

That number dropped to 609 in 2012.

Bassett attributed the decline to better outreach and treatment in the five boroughs.

"It's a tribute to the efforts that have been made ... in tackling this epidemic," she said. "We are seeing some success."

Nearly 131,000 people were living with HIV

Still deadly

There were 609 deaths from AIDS in the city in 2011, according to the health commissioner.

- Better outreach and treatment helped drive down the numbers, she said.
- New York City's No. 1 killer is heart disease, according to a recent report.

or AIDS in the state of New York in 2011, according to the latest New York State HIV/AIDS Surveillance Annual Report. About 79 percent of those people resided in New York City.

The city's leading cause of death in 2012 was heart disease, followed by cancer and the flu. **EMILY JOHNSON**



Beware the Brides of March as they storm NYC

Bridal gown-wearing men and women paraded through the streets of Manhattan on Saturday afternoon as part of the "Brides of March 2014." The annual event started in 1999 and is a pun on the Ides of March and spoofs traditional ideas of marriage. Marchers wear white wedding dresses. Revelers started out at Times Square and made their way down to Bryant Park and other places. / GETTY IMAGES

Show stopper

Visiting teens hospitalized for norovirus

Seven teenagers from Virginia fell ill during a matinee performance

of "The Phantom of the Opera" and were hospitalized on Saturday with what appeared to be a nasty stomach flu otherwise known as the norovirus, FDNY said.

The teens, who were

in New York City on a school trip, were at the Majestic Theatre in Times Square when they came down with nausea, vomiting and dizziness, the fire department said. They were ushered out of the

theater and transported to St. Luke's Hospital at about 3:40 p.m.

The norovirus has made headlines for wreaking havoc on cruise ships over the last few months. **EMILY JOHNSON**

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Police hunt for motive as search for Malaysian jet spans hemispheres

Still waiting.
Some countries have not replied to passenger background requests.

Malaysian investigators are trawling through the backgrounds of the pilots, crew and ground staff who worked on a missing jetliner for clues as to why someone on board flew it perhaps thousands of miles off course, the country's police chief said.

Background checks of passengers on Malaysian Airlines Flight MH370 have drawn a blank, but not every country whose nationals were on board has responded to requests for information, police chief Khalid Abu Bakar told a news confer-

ence on Sunday.

No trace of the Boeing 777-200ER has been found since it vanished on March 8 with 239 people on board, but investigators believe it was diverted by someone who knew how to switch off its communications and tracking systems.

The plane's disappearance has baffled investigators and aviation experts. It vanished from civilian air traffic control screens off Malaysia's east coast less than an hour after taking off from Kuala Lumpur en route to Beijing.

Malaysian authorities believe that as the plane crossed the country's northeast coast and flew across the Gulf of Thailand, someone on board shut off its communications systems and turned sharply to the west.

REUTERS



The Malaysian Navy ship KD Kasturi arrives at the Kuantan Naval Base to refuel and restock in Kuantan, Malaysia. / GETTY IMAGES

Investigation

Malaysia asks for broad international help in jet hunt

Malaysia has appealed for help and international coordination in a search for its missing passenger

jet that stretches across two corridors from the Caspian Sea to the southern Indian Ocean, diplomats said on Sunday. Although countries have been coordinating individually, the broad formal request at a meeting of ambassadors marked a

new diplomatic phase in a search operation thought increasingly likely to rely on the sharing of sensitive material.

"The meeting was for us to know exactly what is happening and what sort of help they need. It is more for them to tell

us, 'Please put in all your resources,'" T.S. Tirumurti, India's high commissioner to Malaysia, told Reuters.

The diplomatic initiative could become significant as nations ponder whether to share any military data on the Boeing 777's fate. REUTERS

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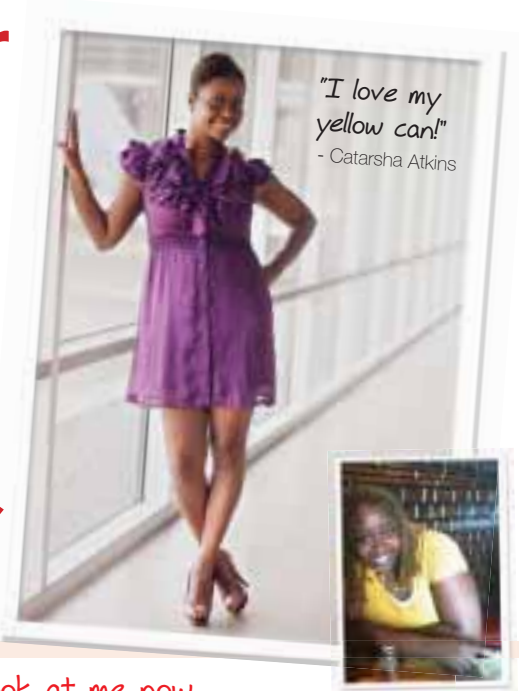


Week 2 and Beyond

Replace 2 meals, preferably breakfast and dinner, with an Almased shake and have 1 healthy meal with lots of vegetables, lean protein, and a side of whole grains.



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Russian media: Crimea votes 93 percent to secede

Vote. A poll booth in Simferopol sees dozens of people lined up outside to cast early ballots.



A man votes inside a polling station in Yalta, Ukraine. / GETTY IMAGES

Russian state media said Crimeans voted overwhelmingly to break with Ukraine and join Russia on Sunday, as Kiev accused Moscow of pouring forces into the peninsula and warned separatist leaders "the ground will burn under their feet."

RIA news agency said 93 percent backed annexation, citing an exit poll released as voting ended at 8 p.m.

Another Russian agency said turnout was more than 80 percent.

Caught in an East-West crisis reminiscent of the Cold War, Kiev said Russia's build-up of forces in the Black Sea region was in "crude violation" of an international treaty, and announced plans to arm and train 20,000 members of a newly created National Guard to defend the nation.

U.S. Secretary of State John Kerry told Moscow that Washington would not accept the outcome of the vote, which is likely to favor union with Russia for a region which has a Russian-speaking majority.

The White House also warned Moscow to expect sanctions while foreign ministers from the European Union, which has major trade ties with

Cyber attack

NATO websites were hacked

Hackers brought down several public NATO websites, the alliance said on Sunday, in what appeared to be

the latest escalation in cyberspace over growing tensions over Crimea. The Western military alliance's said on Twitter that cyber attacks began on Saturday evening.

Russia, will decide on possible similar action in Brussels today.

But Russian President Vladimir Putin rejected Western accusations that the referendum was illegal, saying it respected

the will of the Crimean people, while his foreign ministry said it had agreed with the United States to seek a solution to the crisis through constitutional reform.

REUTERS

Crimea crisis

US warns Russia it faces sanctions in coming days

The White House warned President Vladimir Putin on Sunday that Moscow would face sanctions in coming days and international isolation that will hurt Russia's

economy, as Washington fumed over a referendum in Ukraine's Crimea region that it was powerless to stop.

"We are putting as much pressure on the Russians as we can to do the right thing," White House senior adviser Dan Pfeiffer said as voters in Crimea, under the control of Russian

forces, decided whether to break away from Ukraine.

President Barack Obama's Republican critics accused the administration of showing weakness in the Ukraine crisis and said now was the time for U.S. resolve to prevent Putin from formally annexing Crimea.



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Nuclear market

US official: Iran pursuing banned items

Iran has pursued a long-standing effort to buy banned components for its nuclear and missile programs in recent months, a U.S. official said, a period when it struck an interim deal with major powers to

limit its disputed atomic activity.

Vann Van Diepen, principal deputy assistant secretary of state for international security and non-proliferation, said Iran was still "very actively" creating front companies and engaging in other activity to conceal procurements.

The reported supplies do not contravene last

year's breakthrough agreement between Tehran and six world powers to curb its most sensitive atomic activity in exchange for some limited easing of sanctions.

But such trade would breach a 2006 U.N. embargo banning the provision by any nation to Iran of materials related to its nuclear and missile development work. **REUTERS**

Crimes. Long road to hold Kim, North Korea liable for violations

Western and Asian powers will begin pressing this week for North Korea to be held liable for crimes against humanity documented in a United Nations report, but concede that their chances of influencing the isolated country are slim.

North Korean security chiefs and possibly even Supreme Leader Kim Jong-Un should face international justice for ordering systematic torture, starvation and killings comparable with Nazi-era atrocities, U.N. investigators said last month.

Their findings, based

By the numbers

120K

North Korean political prison camps are believed to hold up to 120,000 people.

on testimony from hundreds of victims, defectors and witnesses, were unequivocal. They demanded closure of political prison camps and action by the International Criminal Court.

Michael Kirby, a former Australian judge who led the independent inquiry, will officially present the

report to the U.N. Human Rights Council in Geneva today.

The forum, which commissioned the unprecedented investigation a year ago, will decide on how to handle North Korea at a session lasting until March 28.

"The fact that these violations are now deemed to be crimes against humanity triggers the responsibility of the international community to respond," said Julie de Rivero of Human Rights Watch. "It might be a long route, but steps need to be taken." **REUTERS**



South Korean conservative protesters shout slogans during an anti-North Korea protest marking the former North Korean leader Kim Jong-il's birthday. / GETTY IMAGES

Ablaze over blasphemy

Hindu temple set on fire in Pakistan

Hundreds of angry Pakistanis attacked a Hindu temple and set it on fire in southern Pakistan overnight following a rumor that a member of the Hindu commu-

nity had desecrated the Koran, police and community leaders said on Sunday.

The incident took place just before midnight on Saturday after locals in Larkana district alleged that Sangeet Kumar, 42, had torn out pages of Islam's holy book and tossed them

down on the street from the roof of his home.

"Our Dharamshala [community center] has been gutted and the temple has been partially damaged. All the statues have been destroyed by the attackers," said Kalpana Devi, chairperson of the local Hindu committee. **REUTERS**

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The forecast remains cloudy for General Motors over recall protocol. / GETTY IMAGES

GM car owners feel angry, vindicated

Defective. Drivers feel road rage over the company's recall policies.

to drive a "death trap." She said her car had so many ignition problems she was afraid to resell it to an innocent buyer.

GM recalled 1.6 million cars last month because a faulty ignition switch could turn off a car's engine, disable its air bags and make steering difficult. The recall involves six models from years ranging from 2003 to 2007.

The problem has been linked to 12 deaths, the company says.

Documents released by GM this week revealed that the automaker knew about the ignition problem as early as 2001. Auto safety

As details emerge about how General Motors Co. dealt with faulty ignition switches in some of its models, car owners are increasingly angry after learning that the automaker knowingly allowed them to drive defective vehicles.

Saturn Ion owner Nancy Bowman of Washington, Mich., said she is outraged that GM allowed her

By the numbers

1.6M

GM recalled 1.6 million cars last month.

advocates say GM should have ordered a recall years ago, and GM has apologized as investigations by government agencies, Congress and the company itself have multiplied.

Angry customers are taking to social media to vent their frustrations. GM's Facebook "fan page" is smattered with complaints amid enthusiasts' comments. **REUTERS**

Low-cost Android

Haiti making its own tablet

Better known for producing third-world poverty and political mayhem — as well as a world-class rum — the Western Hemisphere's least-developed country has made a surprising entry into the high-tech world with its own Android tablet.

Sandwiched between textile factories in a Port-au-Prince industrial park

next to a slum, a Haitian-founded company has begun manufacturing the low-cost tablet called Surtab, a made-up name using the French adjective "sur," meaning "sure," to suggest reliability. Unlike the factories next door where low-paid textile workers churn out cheap undergarments for the U.S. market, Surtab workers are equipped with soldering irons, not sewing machines. **REUTERS**

Quoted

"Haitians have in our minds the idea that nothing can be done in this country. I proved that yes, we Haitians have the capacity to do many things. It's not just Americans or Chinese. We've got what they've got, so we can do it too."

Sergine Brice, factory worker

Mt. Gox

Japan bank sues over bitcoin losses

Mizuho Bank, one of Japan's largest lenders, has become ensnared in North American legal fallout from Mt. Gox, once the world's biggest bitcoin exchange, which collapsed last month after losing nearly half a billion dollars worth of customers' digital currency. Lawsuits in the United States and Canada represent a new legal front — and a deep-pocketed defendant — in the battle over Mt. Gox, which claims hackers stole huge amounts of its own and its customers' assets. **REUTERS**



NICOLAUS CZARNECKI

Boston's new mayor skips parade

Boston's Irish-American mayor skipped the city's St. Patrick's Day parade on Sunday after failing to hammer out a deal with organizers to allow a group of gay and lesbian activists to march openly. Mayor Marty Walsh had tried to negotiate a deal with organizers, the conservative Allied War Veteran's Council, to allow members of MassEquality, one of Massachusetts' largest gay activist groups, to join the parade. "So much of our Irish history has been shaped by the fight against oppression," Walsh, the city's first Irish-American mayor in 20 years, said in a statement. **REUTERS**

Diagnosed

Former Boston mayor Menino has cancer

The longest-serving mayor in Boston history, who stepped down early this year after 20 years in office, has been diagnosed with an advanced form of cancer, the Boston Globe reported on Sunday.

Tom Menino, 71, told the newspaper that the cancer has spread to his

liver and lymph nodes.

"It's very simple. I was diagnosed," said Menino, who now teaches at Boston University. "I've got treatment coming. I believe I'll get through it. And I'll be at work Monday morning."

The news drew an outpouring of support from local leaders, including Menino's successor Marty Walsh.

"I've never known Tom Menino to back down from a fight, and I

don't expect him to start now," Walsh said. "Our thoughts and prayers are with him."

Menino took office at a tough time for Boston and much of urban America, facing high crime rates and neighborhoods that were struggling economically. He oversaw a resurgence of the city, with crime rates falling and influx of technology investment revitalizing the local economy. **REUTERS**

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Studio	\$785	1	1 person	\$28,595 - \$35,280
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1 bedroom	\$533	5	1 person 2 people	\$19,989 - \$23,520 \$19,989 - \$26,880
1 bedroom	\$844	6	1 person 2 people	\$30,652 - \$35,280 \$30,652 - \$40,320
1 bedroom	\$1,187	31	1-2 people	\$42,412 - \$58,800
2 bedroom	\$648	7	2 people 3 people 4 people	\$24,000 - \$26,880 \$24,000 - \$30,240 \$24,000 - \$33,560
2 bedroom	\$1,022	11	2 people 3 people 4 people	\$36,823 - \$40,320 \$36,823 - \$45,360 \$36,823 - \$50,340
2 bedroom	\$1,434	51	1 person(i) 2 people 3-4 people	\$50,949 - \$67,200 \$50,949 - \$75,600 \$50,949 - \$83,900
3 bedroom	\$1,175	2	3 people 4 people 5 people 6 people	\$42,412 - \$45,360 \$42,412 - \$50,340 \$42,412 - \$54,420 \$42,412 - \$58,440
3 bedroom	\$1,649	5	2 people(ii) 3-4 people 5-6 people	\$58,663 - \$75,600 \$58,663 - \$83,900 \$58,663 - \$97,400

* Rent includes gas for cooking.

** Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

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Study notes



There's plenty of BC gear, but no Smokey the Bear hat in Boston College's "Happy" video. / PROVIDED

Hackers beware

The new Cybersecurity Institute at Drexel University aims to address national cyber threats and train the next generation of cybersecurity leaders. The Philadelphia school is devoting 4,000 square feet of space as its primary hub for research, teaching and training. Emerging threats and risks will be examined through hands-on simulations of cyber attacks in its research laboratory.

Drexel isn't the only school ramping up the focus on cybersecurity, either. Fordham University also announced a new cybersecurity master's program in their School of Continuing and Professional Studies.

A pledge to end dangerous habits

The prestigious Sigma Alpha Epsilon fraternity was given the onerous title of "deadliest frat in America" in 2013, but they are looking to change that. After reports emerged in 2012 about myriad alcohol-related deaths and pledge practices akin to torture, the 158-year-old organization decided to end their pledge practices across its 226 chapters. The frat, however, has not explicitly mentioned the deaths, instead highlighting a desire to "eliminate a class structure between our new members and our active members,"

according to the frat's announcement.

C'mon, get happy!

Boston College students, faculty and staff are going viral. They spent six days visiting 32 campus locations and grooved to Pharrell Williams' Oscar-nominated hit, "Happy." Four days after posting the video to the Boston College YouTube channel, the video had more than 100,000 views. Now at 146,552 views and counting, the dance moves even inspired the Twitter hashtag, #BCHappy. As for Pharrell's Vivienne Westwood hat? That's optional. **VICKI SALEMI**

A college try with a Posse to help

Together. The POTUS-approved Posse Program has helped thousands of young people attend college.



Monique Nelson (above), Ryan Letada (inset upper right) and Ronald German (inset lower right) are alum of Posse. / PROVIDED

Thanks to the Posse Foundation, high-achieving high schoolers who may have otherwise fallen through the cracks are getting a chance at higher education. Through the program's partner colleges and universities, students admitted into 10-person Posse groups attend participating schools and rely on their multicultural teams and mentors for support.

Since its inception in 1989, the Posse Foundation has sent 5,500 students to college and awarded \$670 million in scholarships. We asked three alumni about how the program shaped their experiences. Ronald German is a senior associate at State Street Corporation in Boston and graduated Hamilton College in 2013 with a degree in Hispanic studies. Over in Brooklyn, alumni Monique Nelson puts her degree from Vanderbilt University to work as the chairman and CEO of the multicultural marketing company, UniWorld Group. And Ryan Letada, a 2008 graduate of Wheaton College, is the co-founder of NextDayBetter in New York City.

How has this program changed your life?

German: "Posse provided opportunities to develop my leadership potential both on campus and in the professional world."

Nelson: "It's given me the ability to seamlessly work with others; to inform and to educate; to make sure there is a win-win scenario most of the time; and to always remember that the most valuable assets of any organization are the people and the culture."

Letada: "I am a social entrepreneur today because of Posse Foundation. I am using my business acumen and creativity to help solve the most pressing societal problems facing diaspora communities, like the Philippines."

Advice

What advice would you give to high school students now in the program?

German: "Posse is more than just the scholarship money. The relationships that one creates, the professional exposure one obtains and the leadership skills that one develops exceed the financial benefits."

Nelson: "Experience everything, make an impact no matter how small and have fun doing it."

VICKI SALEMI
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Orwell and good

The kids are all right

Many times when interviewing musicians at SXSW, the discussions will take place at a bar over a few bloody marys. But the sweat-faded magic marker Xs on the hands of The Orwells are an indication that the band, all of whom are 20 years old, probably wouldn't get into the bar. The Chicago five-piece, which includes two cousins and a pair of twins, have been at it since high school



The Orwells are riding high. / PAT HEALY

(which was only a few years ago for them) and their tight bond comes across onstage. Their punk spunk, combined with a death-grip understanding of how the exchange of energy

between audience and band should work, have made them one of the top must-see acts of this year's SXSW.

Chatting with the band on a sidewalk on Fourth

Street, what comes across is the youthful exuberance of their live show and a little bit of teenage cynicism. This is the third time they've played SXSW, so excuse them if they're a

little jaded.

"Our first South-By, we found our manager," says singer Mario Cuomo. "That's like the best thing that it's ever going to do for us. Once you find a manager and a label that supports you, what the f— is the point of this?"

The point of it is exposure, and The Orwells are getting a lot of it, having already received seals of approval from the likes of Rolling Stone and Spin for their riotous performances here this year.

Women up front at SXSW

Deep in the heart of Texas. The brightest stars coming out of SXSW are performers with XX chromosomes or with Xs drawn on their hands.

If this year's SXSW Music Conference in Austin, Texas, is any indication — and it usually is — then you're going to be hearing a lot more from the ladies. It's telling that the keynote speaker for the conference was Lady Gaga, who along with female-fronted acts like St. Vincent and Perfect Pussy generated the most "Did you get to see?" moments over the five days of music.

Angel Olsen is another woman who you'll be hearing a lot more from and reading a lot more about,

and all of the hype is warranted. Hailing from Chicago, she stands perfectly still as her songs course through her, delivering lyrics that feel like important truths that you hadn't yet considered. And the way her voice can effortlessly shoot up an octave will make your heart do somersaults.

Another female-fronted act who hasn't received quite as much acclaim as Olsen, but are just as deserving, are the Casket Girls. This Savannah band, headed by sisters Phaedra and Elsa Greene, make spooky pop music and add goofy choreography to their dark lyrics. Chatting with the band in an old Air-Stream trailer at a nursery (interviews at SXSW can take place in unique locations) the sisters say there are more women than men on their current tour with the bands Stargazer Lillies and Dreamend.

"I think it's totally awe-



Meet Angel Olsen. / GETTY IMAGES

some," says Elsa of the amount of women making names for themselves in music. "It seems like it's been a totally male-dominated industry, so it's great. ... If you think about it, women's [liberation] was really not that long ago and it takes a really long time for that stuff to take effect."

New kids on the block

Earning their Strypes

Another young band (though one without women) to receive acclaim for their performances are The Strypes. Ranging

in age from 16 to 18, this Irish five-piece come onstage chomping on gum and dressed to the nines, and then play the type of British Invasion blues that would be noteworthy for its authenticity alone

even if the band weren't so young. But the fact that they're starting so early gives hope for a long career.

"We don't really know what's next," says guitarist Josh McClorey, 18, "but if

we could make a career out of this that would be fantastic, to eliminate the idea of having to go to a 9-to-5 job that you don't really like."

Drummer Evan Walsh, 17, chimes in: "We're just living in the present moment, and to us it makes perfect sense for a band to be this age, because most of the bands we like were that age."



PAT HEALY
@metrousmusic
pat.healy@metro.us

THE STRYPPES
GETTY IMAGES

2 CULTURE

Also at SXSW

Hip-hop hooray

Hip-hop at SXSW has continued to have a dominating presence. Kanye, Jay Z and Wiz Khalifa performed high-profile sets, and newer acts like Danny Brown, Future and Schoolboy Q packed the house for their sets. Odd Future, who had their big SXSW arrival three years ago, had an eventful visit this year, with leader Tyler, the Creator getting arrested for inciting a riot.

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Rihanna goes steady with Drake



Drake and Rihanna got close in 2011. Are they rekindling the flame?

GETTY IMAGES

Hooray for Rihanna for making good life choices — it's been reported that she and Drake are officially official. Meanwhile, ex-boyfriend Chris Brown is back in jail. Womp.

According to TMZ, the Rihanna and Drake have been "virtually inseparable" while Drake tours Europe. A source tells the site that Drake is "in the best mood he's been in a long time."

And then there is "poor" Chris Brown, who

is not gallivanting around Europe with Rihanna. Far from it. The rapper was arrested Friday and thrown into a Los Angeles jail after getting kicked out of rehab, thus violating his probation for the second time. No reason was given for his getting the boot from the Malibu, Calif., rehab facility where he has been living for the last four months — although we're guessing it has something to do with the fact he's Chris Brown.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON

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Cyrus' latest bad tattoo

Miley Cyrus got a lip tattoo of a crying cat emoji and I have to tell you this as it's currently international news.

Cyrus' friend Katy Weaver posted a picture on Instagram of the two of them showing off their new ink with the caption, "We got tattoos on our lips... What the f—"

WTF, indeed. You should have at least gotten the "smiling poop" emoji, Miley. You disappoint us.



Our feelings exactly / INSTAGRAM



GETTY IMAGES

No 'Shame' in Rossum's cleaning game

Emmy Rossum needs real-woman cleaning tips just like the rest of us. The actress, who was promoting her Showtime show "Shameless," was on hand at a Real Simple's Botanical Beauty cocktail party Saturday night in New York City.

Talking points

Depp's extra fancy engagement party

Looks like it's official for Johnny Depp and Amber Heard: The former "Rum Diary" co-stars are set to tie the knot, and they made their intentions clear Friday night with a big engagement party for friends and family in downtown Los Angeles, according to Radar Online. Among the 100 guests were Mandy Moore, Jerry Bruckheimer, Marilyn

Manson, Andy Garcia and Aerosmith frontman Steven Tyler, as well as Depp's 11-year-old son, Jack, and mother, Betty Sue. Depp and Heard are expected to marry sometime this summer, sources say.

Jolie to go under the knife again

A year after she underwent a double mastectomy as a preventive measure against breast cancer, Angelina Jolie is set to go under the

knife again, she reveals to Entertainment Weekly. "There's still another surgery to have, which I haven't yet," she says. "I was very fortunate to have great doctors and very, very fortunate to have a good recovery and have a project like 'Unbroken'" — her second film as a director — "to be really focused on, to be getting healthy for, and to be able to just get right back to work." Jolie is still at risk for ovarian cancer, which claimed the life of her mother.



Josh Brolin / GETTY IMAGES

Brolin on his past heroin use

Josh Brolin has never been shy about his wild youth in Santa Barbara, but did you know he even went so far as to try heroin? "That sounds so horrible when you put it like that, but yeah, I tried heroin," he tells The Guardian. "I mean, I never got into it and I never died from it, which is a good thing. I've had 19 friends who died. Most of those guys I grew up with, they're all

dead now." As he's gotten older, Brolin — who spent four weeks in rehab last fall for alcohol-related issues — has tempered his thrill-seeking ways. "I used to think you should try to deconstruct everything, experience everything. Just get yourself out there. But I don't believe that anymore," he says. "Having adventures is all very well, but an imagination can make up for all that. That's the intelligent way to be. And it keeps you out of harm's way."

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Not much of a 'Need' for 'Speed'



Brainiac mutt Mr. Peabody and boy Sherman zoomed ahead of "Need for Speed." / DREAMWORKS ANIMATION

Box office. Viewers this weekend preferred a talking dog to a speeding Aaron Paul.

"Mr. Peabody & Sherman" won the weekend box office derby with \$21.2 million in ticket sales, outpacing both last week's winner "300: Rise of an Empire" and the video-game-turned-racing-movie "Need for Speed."

The Ancient Greek-era action film "300: Rise of an Empire" collected \$19.1 million from Friday to Sunday, according to studio estimates.

"Need for Speed" settled for third place on its opening weekend, with ticket sales of \$17.8 million at

U.S. and Canadian theaters. "Tyler Perry's The Single Moms Club," the weekend's other new movie, was fifth behind "Non-Stop," selling \$8.3 million worth of tickets. That Liam Neeson airliner thriller made \$10.6 million.

The stunt-filled "Need for Speed," starring Aaron Paul of the AMC television series "Breaking Bad," had hoped to capitalize on the video game franchise's appeal to a young audience, but fell short of Hollywood's forecast of a \$22-to-\$25-million opening

By the numbers

\$63M

"Mr. Peabody and Sherman," which cost about \$66 million, took in about \$63 million globally during its opening.

weekend. Paul stars as a street racer who seeks revenge after being framed for the death of a close friend.

In a limited run, "Veronica Mars," starring Kristen Bell in a film adaptation of the TV series that ran on the UPN and The CW networks from 2004 to 2007, collected ticket sales of \$2 million at 291 theaters. The film was financed with \$5.7 million in contributions raised on Kickstarter.

"The Grand Budapest Hotel," Wes Anderson's whimsical caper film starring Ralph Fiennes, Bill Murray and Owen Wilson, continued to chalk up impressive ticket sales with \$3.6 million at just 66 theaters. Last week it set an industry record: It made \$200,000 per screen over three days, playing in only four theaters. **REUTERS**

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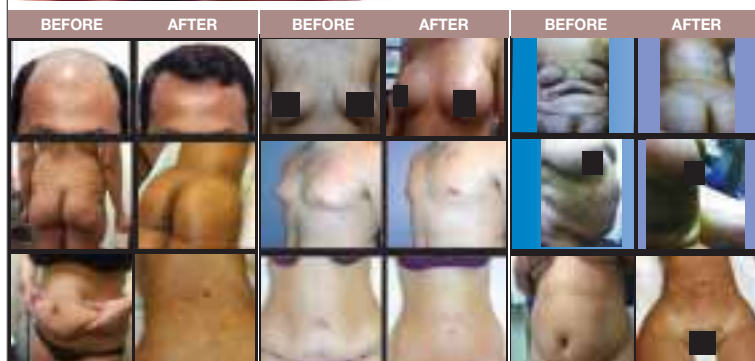
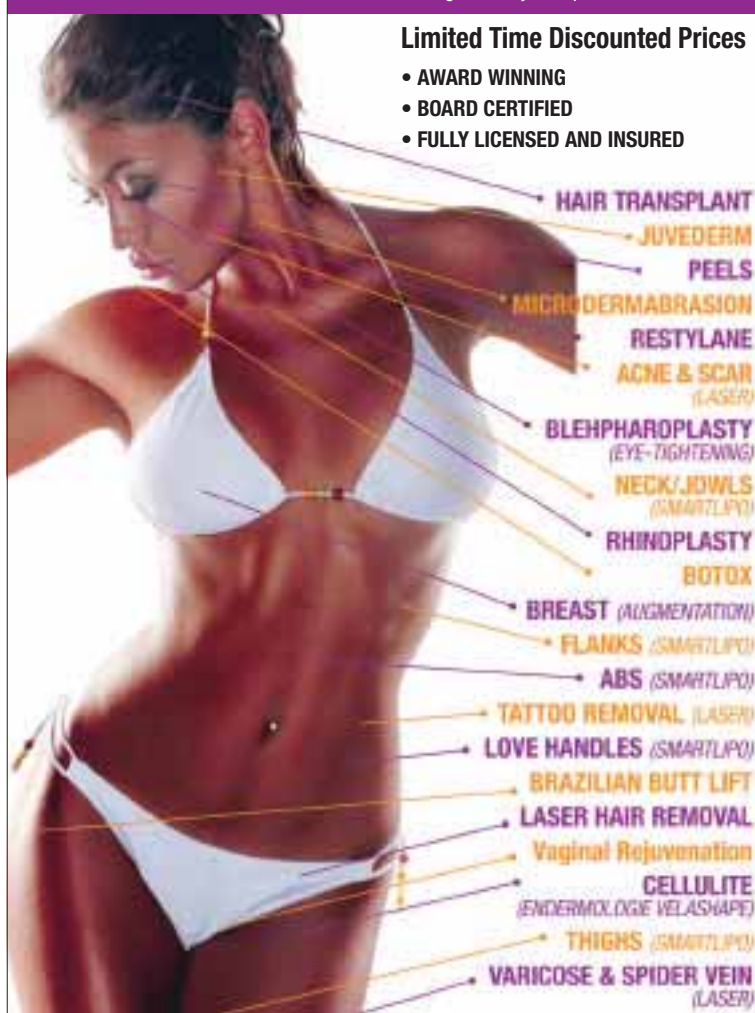
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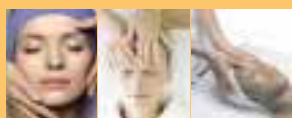
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Interview. Jake Gyllenhaal had to act opposite himself in the new thriller "Enemy."

In "Enemy," Jake Gyllenhaal does what only a select few have done: act opposite himself. This puts him in the company of Jeremy Irons ("Dead Ringers"), Nicolas Cage ("Adaptation") and Sam Rockwell ("Moon") — plus, for that matter, Adam Sandler in "Jack and Jill." But doing the film wasn't about the challenge.

"What attracted me to it was this idea of somebody struggling with themselves. It was never about playing both parts," Gyllenhaal says. In "Enemy," based on Jose Saramago's novel "The Double," he plays a depressed professor who discovers there's an

underemployed actor who looks just like him, right down to the same scar.

The result isn't a "Twilight Zone" episode. Even before the two Jakes switch lives, things have gotten very strange. "There are millions of ways of interpreting it," he says, "but the journey was very simple for Denis [Villeneuve, the director] and I. He explained it to me from the beginning that it's a movie about committing oneself to an intimate relationship. It asks: 'What is intimacy? What is sexuality? And what exists in the male psyche?' But ultimately it's about getting back to oneself."

But Jake Gyllenhaal still had to act with Jake Gyllenhaal. "It was humbling to work with myself and realize my own limitations. My rule is I always want to work with an actor who's more talented than me, so that you're better. Unfortunately, that wasn't the case in this situation," he says, chuckling. "You're listening to your own coverage played back — to the things you think you're communicating and what you really are [communicating]."

It was, of course, most challenging from a technical perspective. "We tried it with another actor, who's wonderful and talented. But it felt strange. Like [what he was doing], those weren't my choices," he says. He wound up acting opposite his own line readings played back. "You do enough movies and you get used to a process. But you never think about playing both sides of a scene."



Jake Gyllenhaal plays a man who meets someone who looks exactly like him in "Enemy." / GETTY IMAGES

Scripted

Hitting the books

When acting in a lit adaptation, one runs into a problem: Do you read the source, which is bound to be changed, sometimes gruesomely? Or do you stick to the script? For Gyllenhaal, it's the latter: "The script has to become the bible. If the book becomes the bible then it becomes very confusing, because what you imagine is not what's there. You have to

use the blueprint that's given to you," he says. "I very consciously didn't [read the book] and I saw other people getting confused, saying, 'Oh, but the book says.' And I thought that would lead us in a dangerous direction." So he didn't read the book, and still hasn't — "even though I'm a huge Jose Saramago fan."



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THAT MOVIE THAT MOST INSPIRED 'STAR WARS' GOES HIGH-DEF

'The Hidden Fortress'

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For a long time, Akira Kurosawa's "The Hidden Fortress" has been known as the primary film that George Lucas stole from to create "Star Wars." (Sorry: "A New Hope.") Indeed, it features two bickering peasants (read: droids) who get caught up in a land tussle. They happen upon a feisty princess (newcomer Misa Uehara) and a displaced, in-hiding general (Toshiro Mifune). But on this new edition of the 1958 samurai adventure, Lucas admits he really only borrowed the idea of framing the story around the lowliest characters

The winning loser

'American Hustle'

Once-plagued director David O. Russell's third hit in a row didn't win a single of the 10 Oscars it was nominated for last year. Maybe that's for the best. The lack of trophies means we can view it like its characters: as an eccentric loser trying to look swankier than it really is. But Amy Adams definitely deserved her award.



(the peasants). There is no Luke, no Han Solo, not even a Chewbacca. The closest to a Darth Vader is a polite general. The princess isn't even imprisoned. Most of the similarities, Lucas confesses, are coincidences.

But any reason, even a series of exaggerations, is good enough to get people parked in front of "The Hidden Fortress," which isn't one of Kurosawa's greatest, but is the purest entertainment on his CV. Unlike even "Seven Samurai," there is no message in "The Hidden Fortress," which concerns a defeated clan trying to rebuild by smuggling gold across enemy lines. (Just like "Star Wars!")

But it's quietly, mod-



Toshiro Mifune is even fiercer than usual in "The Hidden Fortress." / THE CRITERION COLLECTION

estly profound. When our heroes appear to be doomed, the princess — who has had to pose as a commoner in order to survive — remarks that she's glad she got to see the good and the bad in humanity, to see "people without pretense."

"The Hidden Fortress" is a straight-up genre film, made by someone who'd become an expert. But it's no mere vacation. It was Kurosawa's first film in TohoScope, the Japanese equivalent of Holly-

wood's super-widescreen Cinemascope. His frames envelope the viewer in dry landscapes, from the rocky hills that hide the titular fortress to the plains, where the characters ride on horses, much like the films of one of Kurosawa's heroes, John Ford.

Kurosawa even had his own John Wayne: Mifune. He's somehow even more intimidating here than he is in other Kurosawas. But note the humanity he subtly conveys. Supposed to protect the princess, he's

both humble and furtively funny, notable in the way he messes with the peasant protagonists — not like a bully, but in a way that's secretly warm. If he really hated you, he'd kill you. It's one of Mifune's best performances, hidden in a film that only gets deeper once you think to give it a closer look.



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Sometimes the simplest way to drop the "baditude" and bring on the happiness can come through an everyday action. Certain actions activate oxytocin — aka, the love hormone — which is known to induce feelings of trust and a sense of bonding. Oxytocin also helps you relax and reduces blood pressure and cortisol levels. Its anti-anxiety effects support growth, healing and overall happiness. When you're feeling funky, oxytocin can turn your mood around, make you feel more connected and revive your overall energy.

There are a few natural ways to rev up the oxytocin engine when you've got the blues. These tips can be applied anywhere, anytime. Take a minute for a miracle

and let the love hormone lead the way.

Place your hand over your heart

By putting your own hand on your heart you stimulate the love hormone, which sends out the inner signal that it's safe to calm down. Once you place your hand onto your heart, breathe deeply. As you breathe, imagine feelings of love, compassion and ease passing over you. Placing your hand on your heart can calm down the crazy

Flaunt your pearly whites

A genuine, heartfelt smile can connect you to a complete stranger. Smile



Hugs aren't reserved for boyfriends and girlfriends. / COLOURBOX

Try this

Hug it out

Another great way to stimulate oxytocin is to give someone a 20-second hug — it's that simple. Make sure the hug is reciprocated: It's important that

the gesture ignites a sense of connection, which will in turn stimulate oxytocin. Hug your lover, your best friend or even your pet. The sweet connection between two beings can totally change your mood.

at people you know and at strangers. Just express authentic, heart-centered grace through the generous gesture of a smile. In

an instant, you'll feel love rush in.

Metro does not endorse the opinions of the author.

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Advice

Make connections

Love doesn't have to come from a romantic partner or a child. Love can come from any form of authentic connection. Take time in your life to create those connections — and trust that you're not just serving yourself, you're also spreading the love.

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Does 'oil pulling' make your mouth healthier?

Trend. We asked a dentist to give us the details.

Everybody is talking about it, and soon everybody will probably be doing it: "Oil pulling" is the latest trend to hit the health world. But what is it, and does it work?

Basically, oil pulling, or oil swishing, is using oil as a kind of mouthwash. It could be olive, sesame or coconut oil — it doesn't really matter. You need to keep it in your mouth for 20 minutes (yes, 20 minutes!) and then the miracles will start happening, supposedly. It's said to benefit your oral hygiene, whiten your teeth and, according to some sources, also help you fight several diseases.

Sound too good to be true? It probably is. There's no actual evidence to prove the benefits of oil pulling. One study hints that it will be good for your mouth's health, but it doesn't necessarily mean it's the oil that does the trick. Rinsing your mouth with water might have the same effect.

We talked to dentist Dr. Jeffrey Rappaport from Lavaan Dental Spa about oil pulling to find out the truth about this trend.



See more at www.metro.us

Get comfy — you'll have to leave that oil in your mouth for 20 minutes. / STOCKBYTE

Benefits

What oil pulling does

"An oil-based rinse will remove plaque and dental debris from underneath your gums using a more chemical process, versus the mechanical process you're getting out of flossing or brushing. As far as whitening, I do not believe it will have any effect on the teeth."

The oil

"I would not recommend going into your cabinet and finding whatever type of oil you have there and rinsing it around your mouth, but I know that there are approved oil-based rinses in other countries in Europe. They are actually making their way over to the United States. There's one called Olioactiv. It utilizes the [oil-pulling] technology. The oil base will pull the debris and the plaque out from underneath your gums. The best thing that I can say about this tech-

nology is that it's a great supplement. The gold standard is always going to be flossing every day, brushing every day and getting your regular three-month cleaning and examination."

The research

"With these oil-based rinses, there's a lot of studies behind them showing that the rinses have decreased the amount of new bacteria in the mouth — but again, used as a supplement. I think there's a misconception that you can just do this, but it only works as a good supplement to traditional care. If you want to get the benefits of a oil-based rinse, use an ADA-approved oil-based rinse."

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OK, an ice cream cone dropped on the pavement might be one exception. / FUSE

The five-second rule holds up in scientific research

Good news. You can still enjoy that food you drop.

We've all been that person who loudly exclaims "Five-second rule!" while scooping up a bit of fallen food. Anthony Hilton, a professor of microbiology at Aston University in Birmingham, England, discovered that there is a crumb of truth in the urban myth that food is still good to eat even if it has been dropped on the floor for fewer than six seconds.

His experiment, conducted by his students, also found that 87 percent of us would eat food that had fallen on the floor and, perhaps surprisingly, 55 percent of the worst offenders are women. The expert takes us through the science behind our

filthy floor habits.

Prior to this research, did you believe in the five-second rule?

I was skeptical, because the idea that you could influence something after the event seemed unlikely. I assumed that the initial impact is when bacteria is transferred from floor to food.

Did the amount of time that food remained on the floor make any difference?

Surprisingly, it made a difference for moist (cooked pasta and sticky candy) but not dry foods (biscuits and toast). Wet foods will pick up more bacteria on tiled and laminated floors, but this isn't the case for carpets.

So are we safe to eat food off the floor in our homes?

The levels of bacteria present on the same surfaces in a home are very low in real terms. The ones that we found are normal skin microorganisms that accumulate indoors and none that would make you unwell.

Why is it bad to leave food on the floor for longer than five seconds?

The longer you leave food there, the more likely that bacteria is going to get on it. It's not because organisms are mobile and attracted to the food; it's actually because as the food hits the floor it presents a certain footprint, and the organisms are transferred within that contact patch. Over time, the product oozes more onto the floor and creates additional contact points.

Are mothers right when they advocate that a bit of dirt will do our immune systems good?

People are confusing normal exposure with microorganisms and hygiene. There's no evidence that not washing your hands after the loo or not cooking food properly will make you immunologically stronger. It will almost certainly make you unwell.

EDWARD THOMPSON
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Spitty situation

Does blowing on food help remove bacteria at all?

I think that blowing isn't going to lower levels of bacteria because the organisms are going to be intimately stuck on the food. If spit comes out, it could actually contribute to [bacteria], rather than reducing it. There is a ca-

veat: We're not advocating that people pick up floor food willy-nilly. What we're saying is: If you happened to drop a [chip] or piece of toast on a floor where normal hygiene rules apply — the floor is [vacuumed] once a week or mopped every few days — then you can, with confidence, assume that you'll be fine.

Just how hard you'll have to work to burn off tonight's beer

Still thirsty?

To burn off a Guinness Draught (125 calories)

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Fancy a Guinness? You'd have to swim here for about 20 minutes to work it off. / GETTY IMAGES

St Patrick's Day.

Check out the tallies here.

We know you'll likely have a drink (or many) tonight. But think twice before indulging — or at least get ready to work hard, thanks to this cheat sheet from SparkPeople.com.

To burn off a Murphy's Irish Red (171 calories)

You'll have to play bagpipes for 43 minutes.

To burn off a Kilkenny Irish Cream (163 calories)

You'll have to spend 41 minutes playing drums.

To burn off a Killian's Irish Red (162 calories)

You'll have to walk up the stairs of St. Patrick's Cathedral for 25 minutes.

To burn off a Harp Lager (153 calories)

You'll have to spend 40 minutes kissing the Blarney Stone.

To burn off a Budweiser Lager (145 calories)

You'll have to dig for gold in Central Park for 15

minutes.

To burn off a Miller Genuine Draft (143 calories)

You'll have to sing for 63 minutes at Carnegie Hall.

To burn off a Bud Light (110 calories)

You'll have to Irish Step Dance for 20 minutes.

To burn off a Miller Light (96 calories)

You'll have to spend 28 minutes carrying luggage for Aer Lingus passengers.

METRO

Oof

To burn off a Smithwick's Lager (150 calories)

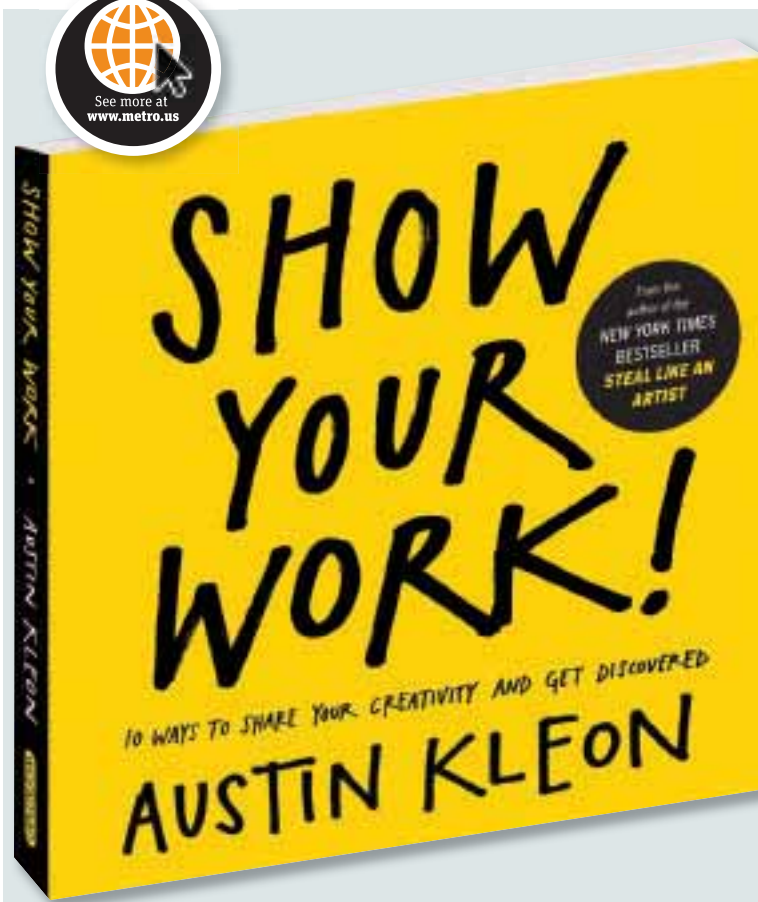
You'll have to spend 60 minutes standing and reading James Joyce.

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You write, you paint, you compose — but who really cares besides you? With a few good tips from writer and artist Austin Kleon's latest book, you just might get noticed among all the other artists out there. We asked Kleon, author of "Steal Like an Artist," for his best advice.

accept our work and what they think about [it]. As far as becoming better storytellers, the best thing to do it just to surround yourself with really good storytellers. Spend time seeking out people who are good at telling stories and start studying them. There are really only so many kinds of stories. Once you start studying them and reading them, you'll find that they all have a structure and they all have shape. You can kind of steal the structure of the stories and fill them in with your own material. Another thing

that can help is becoming a writer. Spend some time writing, blogging or keep a journal. When you're writing down your stories you figure out what's interesting about them."

Share something small every day

"The thing about sharing [online] is that you want to make sure it's an act of generosity, and that what you're sharing is either interesting or useful to the people on the other end. When I say 'share

Tell good stories

"We have this mistaken impression that our work speaks for itself, that if we just do good work that is enough. But our work doesn't speak for itself; the stories that we tell about the work we do totally influences the way people

Meet the author

Austin Kleon book signing

Wednesday, 6 p.m.
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Austin Kleon / PROVIDED

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something small every day' it can be something very small. Just one little piece of your process that you think might be interesting or helpful for someone else. Some of the writers I follow share their favorite sentence that they read every day. Or an artist will just share a page from their sketchbook. Little bits and pieces you can share every day that put yourself out there and keep people up to date with what you're doing. It's kind of similar to how a filmmaker will share the DVD extras — the deleted

scenes and the directors' commentaries — while they were still making the movie."

Toughen up

"When you put your work out into the world, you have to be ready for the good, the bad and the ugly. I feel that sharing your work on the whole is a very pleasant and good experience, but you're always going to take a punch, so to speak. You really just have to get your work out there and

experience what it's like to have people see it and talk about it. The way to take a punch is to get hit a lot. Get used to being hit. It's important to remember that your work isn't you. People feel really close to their work, but you have to remember that the products of your work aren't necessarily you personally. So, when people tear down your work, they're not necessarily tearing down you."

LASSE EMIL KRISTIANSEN
@metronewyork
letters@metro.us

Power through

Stick around

"I think that in this culture, we're very much obsessed with overnight success. But when you start digging in to people's stories, there's a lot of work and a lot of practice that hap-

pens before people get discovered or get success. I think it's really important just to give yourself time. You're not going to start a blog and then it'll take off right away. You're going to have to give it time. It took me years before people

saw my poems. I just kept making work and kept putting it out there. And slowly, over time, people who were looking for work like that found it. A lot of success is merely sticking around long enough to let it happen to you."

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**The situation****When you're interviewing for a job and haven't heard back**

You've interviewed, met several people and — bam! Radio silence. Assuming you've already sent thank-you notes, email your recruiter and hiring manager one week later. Reiterate how nice it was meeting them and reinforce your interest. It's tricky, because

you're straddling persistence and stalker vibes. Daily emails are not recommended. Once a week or every two weeks is fine. Don't appear desperate. Keep it succinct and, when you hit send, say to yourself, "They need me more than I need them." Retain your power.



Sometimes it's a fine line between assertive and creepy. / FUSE

HOW TO NOT MAKE IT AWKWARD

Inside HR**VICKI SALEMI**

Vicki Salemi is a career and human resources expert and consultant with 16-plus years of hands-on management experience. She's a public speaker, coach, the author of *Big Career in the Big City* and on-air host of *Score That Job*.



Whether you're looking for a new job or focusing on doing a stellar upgrade to your current role, there's always a dance to maneuver — a fine line between being assertive versus over the top. Here are several pointers to stand your ground and tactfully move things forward.

When they owe you money

Let's say you're a freelance graphic designer. You created a sparkling new website for a client and anticipate getting paid in a reasonable time frame. If your invoice indicates payment in 30 days and that time has elapsed, it's time to follow up.

Keep in mind they're on your side and probably want to continue working with you. There may be a delay in accounting that's out of his or her hands. Send an email and follow up with a phone call; be persistent every two to three weeks along the lines of: "I know you're busy and I don't want to be a pest, but it's been two months since I completed the site. Is there someone else I should contact to expedite payment?"

When it's been a long time since you corresponded

If you've made a fantastic connection on LinkedIn and haven't kept that re-

lationship alive, it's never too late to rekindle it. Reach out through the site and ask if they're available to catch up over a phone call or a cup of coffee.

Or ping them via email or Twitter with a relevant article — it doesn't have to be work-related. It could be a vacation spot they mentioned, with a note: "Thinking of you — enjoy! Hope to catch up soon."

Metro does not endorse the opinions of the author.

The situation:**When you're applying for a job and haven't heard back**

If you've applied to a job online, don't expect to hear back among the stack of hundreds of résumés in the system. However, if you have an internal connection and haven't heard back, send

an email: "Just wanted to stay top-of-mind. Would you be so kind to check my candidacy status?" And ask them to connect you to the recruiter. It's not a bad idea to call, so they put a voice to your name.

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Horoscope

Pisces | Feb. 19-March 20.
Don't feel overwhelmed by recent events. Take a step back from all the commotion in order to focus.

Aries | March 21-April 20.
It's a good day to finish a project you've left dangling. Bypass personality problems so that you can keep moving forward. Work as a team player.

Taurus | April 21-May 21.
A promising career opportunity is apparent, although it may require a shift in vocation. Your past achievements have not gone unnoticed.

Gemini | May 22-June 20.
You need to stop romanticizing the past. The future can be just as rewarding if you think and act progressively.

Cancer | June 21-July 22.
It's good to have strong opinions, but don't force your will on others. Accentuate the positive and offer people a little kindness and consideration.

Leo | July 23-Aug. 22.
You will have to take bold steps if you want to move forward. You might need to enlist your friends and relatives to aid you.

Virgo | Aug. 23-Sept. 22.
You are in an upswing right now. If you keep a positive attitude, you will be able to accomplish everything you set out to do.

Libra | Sept. 23-Oct. 22.
It's a great day to try something new. Shake out the cobwebs and investigate some different yet appealing activities.

Scorpio | Oct. 23-Nov. 21.
You may be reluctant to take on a new project, even though you have all the skills and resources necessary for success. Believe in yourself.

Sagittarius | Nov. 22-Dec. 21.
Being too outspoken will lead to trouble. Take extra care when dealing with colleagues. An innocuous comment may be seen as an insult.

Capricorn | Dec. 22-Jan. 20.
An issue that you thought was settled will resurface. Do whatever it takes to improve on your past performance.

Aquarius | Jan. 21-Feb. 18.
Diligence, not speed, will be the order of the day. Despite your enthusiasm you should proceed slowly.
BERNICE BEDE OSOL

Sudoku: Easy and hard

	1		6	8		4	3	
			2		4	1		
					1	8	9	
			5			2		
		7	8	1	9	5		
		8			7			
	6	9	1					
		5	9		3			
	8	1		5	2		6	

				4	7	8		
		1	3				6	
5				1	8		2	9
7				6		3		
	4						7	
		8		3				6
6	8		4	2				5
	1				6	2		
		3	1	7				

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

1 Type of wrestler
5 QB objectives
8 South Seas locale
12 Bit of fruitcake
14 Novelist — Ambler
15 Fiesta shouts
16 Good-bye
17 Fluttery flier
18 Unwelcome mail
19 Results (2 wds.)
21 Discounted (2 wds.)
23 Coll. credits
24 Pigeon talk
25 — and don'ts
26 Hurried away
30 Makes smooth
32 On even terms
33 Implored
37 Reunion attendee
38 Tryst keeper
39 Too glib
40 Made
42 Stone pillar
43 Infuriate
44 Blew over
45 Nine-digit ID
48 Disencumber
49 Geol. formations
50 Tremors
52 Prigs
57 Caesar's bear
58 Knots

60 British Museum's — Marbles
61 Microbiology gel
62 Doctrines
63 Ms. Reese
64 Spill the beans
65 Ernesto Guevara
66 Fathomless

Down

1 A word to kitty
2 Karachi language
3 California's — Woods
4 Portent
5 Slow gait
6 Morse click
7 Tall beer glass
8 Watch pockets
9 Work by Homer
10 Simple dessert (hyph.)
11 Castaways' refugees
13 Orchard unit
14 Green-egg layers
20 Airport code for O'Hare
22 Leaf juncture
24 Scoped out
26 Fell on — ears
27 Soft color
28 Lies on the beach
29 — yoga
30 Break off
31 Lairds and lassies
33 Prepared fish

34 Scurries along
35 Vogue rival
36 Did Easter eggs
38 Of detailed planning
41 About, in memos (2 wds.)
42 Gave some lip
44 Qt. parts
45 Crouch
46 Voltage jump
47 Kind of congestion
49 Rumble
51 Auto pioneer — Benz
52 Wife, in law
53 Implored
54 Eye amorously
55 Shower square
56 Cinch
59 Suffix for "boy"

Weekend's answer



Letters

The people, not Reagan, broke up the USSR

Re: 'Don't appease Putin' (Metro, March 14-16) Letter writer John Francis Fox indicates we should not appease Putin, likening the invasion of Crimea to Hitler's invasion of Czechoslovakia. Wouldn't a better analogy be Bush's invasion of Iraq? All Putin would have to say is "WMD" and invade, right?

However, that is beside my main objection to his letter. He also said the administration under President Reagan liberated the Ukraine, but nothing could be further from the truth. The breakup of the Soviet Union was

caused by widespread general strikes in the eastern bloc, including the Ukraine, Poland, Romania and others. In Poland, it was spearheaded by Lech Walesa, leader of the Solidarity trade union, with support of the Catholic Church. Reagan had nothing to do with this populist revolution.

If Mr. Fox continues his belief that Reagan caused the breakup of the Soviet Union, he should also believe that King Louis XVI of France and King Charles III of Spain liberated the American colonies from Britain during the American Revolution.

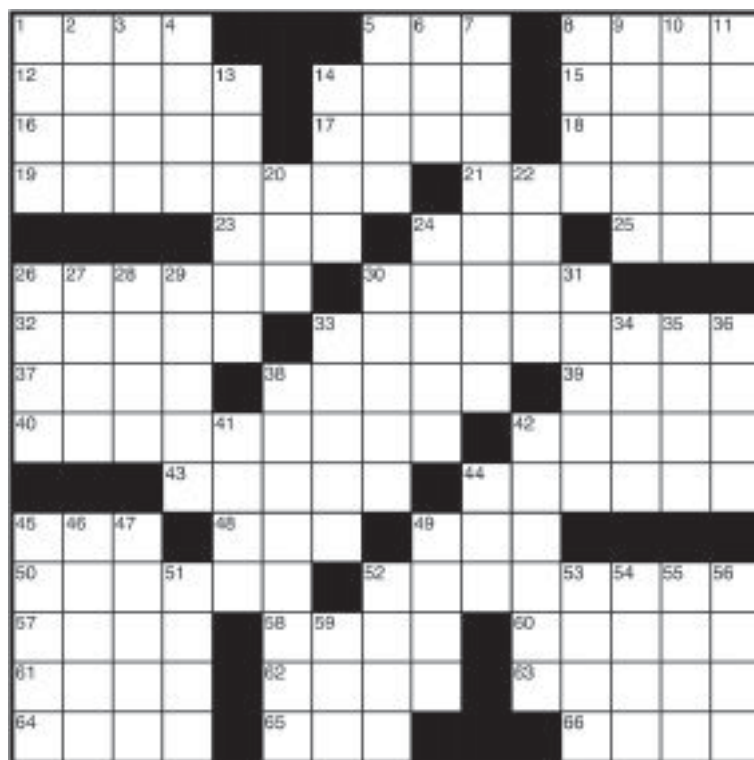
TIMOTHY LAREN, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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3

SPORTS

Watch online



Find video and recap of yesterday's Rangers-Sharks game at: Metro.us/sports.

Manhattan claims lone city tourney bid



NCAA. It was a quiet year for local teams competing in the NCAA tournament, but one school is in.

New York City will be well-represented as always in players taking part in the NCAA tournament, but the only local team making the Dance was Manhattan.

The Metro Atlantic Athletic Conference champions knocked off fellow locals Iona on March 10 to punch their ticket.

The 25-7 Jaspers, who finished second in the conference in the regular season, won't have an easy first assignment. They will face No. 4-seed Louisville on March 20 at 9:50 p.m.

The Jaspers have won



Manhattan coach Steve Masiello was a disciple of Rick Pitino's at Louisville from 2005-11. Now they face off. / GETTY IMAGES

Local flair

These are a handful of the local names in the tournament (and a nice starting five):

- Russ Smith, Brooklyn, Louisville guard
- Devin Brooks, Harlem, Creighton guard
- Dakari Johnson, Brooklyn, Kentucky center
- Halil Kanacevic, Staten Island, St. Joe's forward
- JayVaughn Pinkson, Brooklyn, Villanova forward

11 of their last 12 games with two wins over MAAC No. 1-seed Iona.

"This is just an amazing run," coach Steve Masiello said. "It doesn't happen. It's storybook-like. Normally you have like two or three things that are wrong. There's nothing wrong."

Manhattan is led by senior guard George Beamon, a native of Roslyn, N.Y. just across the city line in Nassau County. He led the team with 19.2 points and 6.6 rebounds per game.

They are hours from the city, but both Albany and Syracuse will be taking part in the NCAA Tournament. Syracuse received an at-large bid, while Albany won the America East championship for the second straight season.



MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us

Outside looking in



LAVIN WILL REPORTEDLY BE RE-SIGNED BY ST. JOHN'S.

GETTY IMAGES

St. John's accepts bid to NIT

St. John's saw the writing on the wall when they lost to Providence in the opening round of the Big East tournament.

So it was no surprise they didn't hear their name called on Selection Sunday.

Instead, the Red Storm will make the best of it in the NIT. In fact, St. John's was given one of four No. 1 seeds in the tournament along with SMU, Florida State and Minnesota. St. John's plays Robert Morris in the first round on March 18 on ESPNU at 7 p.m. **METRO**



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2014 NCAA DIVISION I TOURNAMENT BRACKET

Second round: March 20-21 Third round: March 22-23 Regional Semifinals: March 27-28 Regional Finals: March 29-30 National Semifinals: April 5 National Championship: April 7

First round: March 18

16 Albany (18-14)
16 Mt. St. Mary's (16-16)

12 NC State (21-13)
12 Xavier (21-12)

First round: March 19

16 Cal Poly (13-19)
16 Texas So. (19-14)

12 Iowa (20-12)
12 Tennessee (21-12)

1 Florida (32-2)

16 Albany/MSM

8 Colorado (23-11)

9 Pittsburgh (25-9)

5 VCU (26-8)

12 SF Austin (31-2)

4 UCLA (26-8)

13 Tulsa (21-12)

6 Ohio State (25-9)

11 Dayton (23-10)

3 Syracuse (27-5)

14 W. Mich. (23-9)

7 New Mexico (27-6)

10 Stanford (21-12)

2 Kansas (24-9)

15 E. Kentucky (24-9)

1 Virginia (28-6)

16 C. Carolina (21-12)

8 Memphis (23-9)

9 Geo. Wash. (24-8)

5 Cincinnati (27-6)

12 Harvard (26-4)

4 Mich. St. (26-8)

13 Delaware (25-9)

6 UNC (23-9)

11 Providence (23-11)

3 Iowa St. (26-7)

14 NC Cent. (28-5)

7 UConn (26-8)

10 St. Joe's (24-9)

2 Villanova (28-4)

15 Milwaukee (21-13)

SOUTH

WEST

EAST

MIDWEST

Arizona (30-4) 1

Weber St. (19-11) 16

Gonzaga (28-6) 8

Okla. St. (21-12) 9

Oklahoma (23-9) 5

ND St. (25-6) 12

SDSU (29-4) 4

NMSU (26-9) 13

Baylor (24-11) 6

Nebraska (19-12) 11

Creighton (26-7) 3

La. Laf. (23-11) 14

Oregon (23-9) 7

BYU (23-11) 10

Wisconsin (26-7) 2

American (20-12) 15

Wichita St. (34-0) 1

Cal Poly/Tex. So. 16

Kentucky (24-10) 8

K. State (20-12) 9

St. Louis (26-6) 5

NC State/Xavier 12

Louisville (29-5) 4

Manhattan (25-7) 13

UMass (24-8) 6

Iowa/Tennessee 11

Duke (26-8) 3

Mercer (26-8) 14

Texas (23-10) 7

Ariz. St. (21-11) 10

Michigan (25-8) 2

Wofford (20-12) 15



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SOUTH REGION

The South features traditional powers Florida (two titles), Syracuse (one title), Arizona (one title), Kansas (three titles) and UCLA (11 titles).

Underdog to watch: New Mexico — The Lobos don't get much attention in the East, but they have a very good team year in and year out. Don't be surprised to see them beat an undermanned Kansas team in the third round.

Player you know: Andrew Wiggins — The likely No. 1-overall pick in this June's NBA Draft will have just one tournament to get it right.

Player you should know: Kyle Anderson — UCLA's 6-foot-9 wing — and sometimes point guard — is an impossible matchup. **Upset to watch:** No. 12 Stephen F. Austin over No. 5 VCU **Final Four pick:** Florida



WIGGINS
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www.metro.us
Monday, March 17, 2014

SPORTS 32

Bracket breakdown

NCAA. A rundown of what you need to know in each region



MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us

WEST REGION

Arizona claimed the No. 1 seed they were in line for much of the season while others (we're looking at you, Syracuse) faltered.

Favorite to watch: Arizona — The



SMART
GETTY IMAGES

Wildcats looked like they were going to be heavy title favorites until Brandon Ashley went down in February. **Underdog to watch:** Oregon — Few team were as up and down. The Ducks started 13-0, lost nine of 11 and finished the regular

season with seven straight wins, including big ones over Arizona State, UCLA and Arizona. **Player you know:** Marcus Smart — The Oklahoma State sophomore made headlines for shoving a fan, but he's also a lottery pick in this year's draft. **Upset to watch:** No. 11 Nebraska over No. 6 Baylor **Final Four pick:** Arizona

MIDWEST REGION

The Midwest is highlighted by the 34-0 Wichita State Shockers. Congratulations, now you get Louisville, Duke and Michigan in your region.

Favorite to watch: Louisville — Las Vegas oddsmakers are already picking the defending champions — an absurdly underrated No. 4 seed — to

win the region.

Player you know: Jabari Parker — Duke's super freshman looked superhuman in the ACC tournament. His next stop is the NBA.

Player you should know: T.J. Warren — For all the talk of Parker and Syracuse's C.J. Fair, it was N.C. State's Warren who



PARKER
GETTY IMAGES

won ACC Player of the Year. The sophomore scored just shy of 25 points per game. **Upset to watch:** No. 8 Kentucky over No. 1 Wichita State **Final Four pick:** Louisville

EAST REGION

No one had Virginia as a No. 1 seed in February. But the Cavaliers won the ACC regular season and knocked off Duke to take the tournament.

Favorite to watch: Michigan State — Outside of Louisville, the Spartans may be the hottest team in the country — and they're always

dangerous in March.

Player you know: Shabazz Napier — UConn's senior guard led the team in points, rebounds and assists per game on his way to claiming American Athletic Confer-



NAPIER
GETTY IMAGES

ence Player of the Year honors. He did so just narrowly over Cincinnati's Sean Kilpatrick, who is also in the region. **Player you should know:** Bryce Cotton — The Providence guard scored 21.4 points per game but was overshadowed by Doug McDermott in the Big East. **Upset to watch:** No. 11 Providence over No. 6 North Carolina **Final Four pick:** Iowa State

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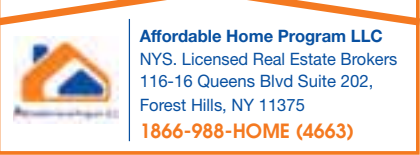
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CLEAR SKIN

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. "This makes sense. Usually you can see how it benefits your skin within days. "Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product."



■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks **#60** for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ **AVAILABLE IN MANHATTAN:** New Life Nutritional Centre 714 W. 181 St. Cash Rx Plus 746 10th Ave. @ W 51st St Cordette Drugs 55 W 39th St @ 6th Ave. Cross County Pharmacy 1514 Madison Ave. @ 103rd Food For Health 1653 3rd Ave. New London Pharmacy 246 8th Ave @ 23rd St. A Matter of Health 1478 1st Ave. @ E 77th St. Ajanta Pharmacy 2718 8th Ave. @ 145th St Arrow Pharmacy 883 9th Ave. @ 57th St. Blake Pharmacy 1868 3rd Ave. @ 103rd St. Bliss Pharmacy 1590 Madison Ave. @ 107th St. C & C Nutrition 561 W 179th St. @ St. Nicholas Ave. Dile Punab Deli 170 9th ave @ 20th @ 21st ST. Harlem RX Pharmacy 102W. 116TH St. Health IS Wealth 184 7th Ave. Earth Matters 177 Ludlow St. @ Houston St. Elm Health 1695 1st Ave. @ E 88th St. Metro Drugs 7 West 14th St. near 5th Ave. Metro Drugs 931 Lexington Ave. @ 68th St. #92 Pharmacy 1938 2nd Ave. @ E. 100th St. VLV Med Pharmacy 4085 Broadway St. Earth Matters 177 Ludlow St. @ Houston St. Gary Nul's Uptown Whole Foods 2421 Broadway St. Health Harvest 820 2nd Ave. Natural Green Market 162 3rd Ave. Pro Health Pharmacy 385 2nd Ave. Pro Health Pharmacy 370 Lexington Ave.

■ **AVAILABLE IN ALL BOROUGHES OF NEW YORK CITY CALL US FOR FURTHER INFORMATION:**



In other towns try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H \$9.95.

www.BellLifestyle.com 1-800-333-7995

Bell uses the power of nature to help put life back into your lifestyle